

Assessments & Tools

There are a number of common and validated assessments that capture aspects of the seven domains and align with the principles for measurement. Your agency may already use a combination of assessments or have created your own tools tailored to specific programs or participants. Reflect on who or what your assessments focus on: what aspects of well-being do you already cover? What is missing?

To support your selection of assessments, we have created a table of commonly used assessments and tools and highlighted which domains of well-being they capture. All of the included assessments and tools are in alignment with our principles of assessment, such as being strengths-based, wholistic, and relational.

Assessment & tool alignment with domains of well-being

| Assessment or Tool | Connection to the Land | Caring & Stable Relationships | Meaningful Knowledge | Healthy Development & Growth | Sense of Identity & Autonomy | Cultural Connection | Supportive & Safe Environments |
|--|------------------------|-------------------------------|----------------------|------------------------------|------------------------------|---------------------|--------------------------------|
| <u>Ages & Stages</u> | | | | | | | |
| <u>Building the Sacred</u> | | | | | | | |
| <u>Casey Life Skills</u> | | | | | | | |
| <u>Child and Adolescent Needs and Strengths (CANS)</u> | | | | | | | |
| <u>Child & Youth Resilience Measure & Adult Resilience Measure (CYRM, ARM)</u> | | | | | | | |
| <u>Cultural Connectedness Scale</u> | | | | | | | |
| <u>Eco-Maps</u> | | | | | | | |

| Assessment & Tool | Connection to the Land | Caring & Stable Relationships | Meaningful Knowledge | Healthy Development & Growth | Sense of Identity & Autonomy | Cultural Connection | Supportive & Safe Environments |
|--|------------------------|-------------------------------|----------------------|------------------------------|------------------------------|---------------------|--------------------------------|
| <u>Family Advocacy and Support Tool (FAST)</u> | | | | | | | |
| <u>The miyo resource kâ-nâkatohkêhk miyo-ohpikinawâwasowin</u> | | | | | | | |
| <u>Native Wellness Assessment</u> | | | | | | | |
| <u>Natural Supports Framework</u> | | | | | | | |
| <u>Nurturing Skills Competency Scale</u> | | | | | | | |
| <u>Parenting Interactions with Children: Checklist of Observations Linked to Outcomes (Piccolo)*</u> | | | | | | | |
| <u>Parental Stress Scale</u> | | | | | | | |
| <u>Protective Factors Survey, Second Edition (PFS-2)</u> | | | | | | | |
| <u>Signs of Safety</u> | | | | | | | |
| <u>Positive Parenting Program Triple P</u> | | | | | | | |
| <u>Well-Being Indicator Tool for Youth (WIT-Y)</u> | | | | | | | |

*We were unable to access a Parenting Interactions with Children: Checklist of Observations Linked to Outcomes (PICCOLO) assessment during the development of this toolkit. However, due to a large number of agencies that reported using it, we have included an estimation of the assessments overlap with the domains of well-being.

Assessment & tool Descriptions

Description and cost to access assessments and tools for measuring well-being in children, youth, and caregivers.

| | | |
|--|-----------------------------|--|
| | | |
| <u>Ages & Stages</u> | Onetime cost of \$295. | Ages & Stages Questionnaires®, Third Edition (ASQ®-3) is a developmental screening tool designed for use by early educators and health care professionals. It relies on parents as experts, is easy-to-use, family-friendly, and creates the snapshot needed to catch delays and celebrate milestones. |
| <u>Building the Sacred: An Indigenous Evaluation Framework for Programs Serving Native Survivors of Violence</u> | Free and available online. | This framework illustrates four places from which Indigenous evaluation is already taking place in violence prevention, response, and healing programs that have not yet been formally recognized in a culturally-rooted evaluation framework. |
| <u>Casey Life Skills</u> | Free and accessible online. | Casey Life Skills (CLS) is a set of free tools that assess the independent skills youth need to achieve their long-term goals. It aims to guide youth toward developing healthy, productive lives. |
| <u>Child and Adolescent Needs and Strengths (CANS)</u> | Free and accessible online. | The CANS Comprehensive is a multi-purpose tool that gathers information on the child/youth's (ages 6-20) and parents/caregivers' needs and strengths to support decision making, including level of care and service planning, to facilitate quality improvement initiatives, and to allow for the monitoring of outcomes of services. |
| <u>Child & Youth Resilience Measure & Adult Resilience Measure (CYRM/ARM)</u> | Free and accessible online. | CYRM-R is a self-report measure of social-ecological resilience. Resilience is both the capacity of individuals to navigate their way to the psychological, social, cultural, and physical resources that sustain their well-being and their capacity to negotiate for these resources to be provided in culturally meaningful ways. |
| <u>Cultural Connectedness Scale</u> | Free and accessible online. | The Cultural Connectedness Scale measures how integrated children and youth are with their First Nation, Métis, or Inuit culture. The scale has three dimensions: identity, traditions, and spirituality. |
| <u>Eco-Maps</u> | Free and accessible online. | Eco-maps are a visual map of a family's connections to the external world. They provide a useful tool for assessment of family, social, and community relationships and highlight the quality of these connections. |
| <u>Family Advocacy and Support Tool (FAST)</u> | Free and accessible online. | The FAST is a family version of CANS that is designed to maximize communication about the needs and strengths of families. The FAST includes ratings of the Family Together, each Caregiver, and all children and youth. Interventions in the family system can be directed at that system or to address the individual needs of family members or dyadic relationships within the family. |
| <u>The miyo resource kâ-nâkatohkêhk miyo-ohpikinawâwaso win</u> | Free and accessible online. | The miyo resource discusses foundational beliefs and approaches of Indigenous peoples to promote well-being and resiliency and outlines an evaluative process that honours an Indigenous worldview. This resource supports provincial implementation of the Well-Being and Resiliency Framework by outlining an evaluative framework that recognizes culturally-based practice. |

| Assessment | Access | Description |
|--|--|--|
| <u>Native Wellness Assessment</u> | Free and accessible online. | The NWA™ tool is the first of its kind to measure how cultural interventions affect a person’s wellness from a whole person and strengths-based view. This tool is proving that culture is the key to restoring and maintaining wellness, which is something First Nations people have long known. |
| <u>Natural Supports Framework</u> | Free and accessible online. | Framework structured as a workbook with reflection questions and case studies to help organizations/staff think about the implications of the natural supports for their practice. High emphasis on relationships and fostering resiliency. |
| <u>Nurturing Skills Competency Scale</u> | Cost dependent of number of assessments. | The Nurturing Skills Competency Scale (NSCS) is a comprehensive criterion referenced measure designed to gather demographic data of the family, as well as knowledge and utilization of Nurturing Parenting practices. |
| <u>Parenting Interactions with Children: Checklist of Observations Linked to Outcomes (Piccolo)*</u> | Onetime cost of \$60 for assessment and guide. | PICCOLO is a checklist of observable developmentally supportive parenting behaviors in four domains (affection, responsiveness, encouragement, and teaching). It is a positive, practical, versatile, culturally sensitive, valid, and reliable tool for practitioners that shows what parents can do to support their children’s development. |
| <u>Parental Stress Scale</u> | Free and accessible online. | 18-item questionnaire assessing parents’ feelings about their parenting role, exploring both positive aspects (e.g. emotional benefits, personal development) and negative aspects of parenthood (e.g. demands on resources, feelings of stress). |
| <u>Protective Factors Survey Second Edition (PFS-2)</u> | Free and accessible online. | The PFS-2 is an evaluation tool for use with caregivers receiving child maltreatment prevention services. Questions on family functioning & nurturing (caring relationships) and concrete supports (Supportive & Safe environments). |
| <u>Signs of Safety</u> | Free and available online. | A strengths-based, safety-organized approach to child protection case work. Revolves around a risk assessment and case planning format that integrates professional knowledge alongside local family and cultural knowledge and balances a rigorous exploration of danger/harm alongside indicators of strengths and safety. |
| <u>Positive Parenting Program Triple P</u> | Free and available online. | The Positive Parenting Program (Triple P) is a comprehensive system of parenting and family support for families with children. The program consists of five levels of intervention, which increases with intensity, and progressively narrows the reach at each increasing level. |
| <u>Well-Being Indicator Tool for Youth (WIT-Y)</u> | Free and accessible online. | The WIT-Y has been designed as an inventory for use as a ‘conversation starter’ with youth ages 15-21 about their overall well-being. It is a tool for youth’s self-assessment, meaning youth decide what level of well-being they have within each domain, as well as ways in which they might want to increase their level of well-being. |